



2020 Illinois Breastfeeding Report



Human milk feeding is a proven primary prevention strategy, building a foundation for life-long health and wellness for infants and parents.

Illinois Breastfeeding Rates

See how Illinois breastfeeding rates and other measures compare to national rates and targets set by the Healthy People 2020 (HP2020) initiative.

	Breastfeeding Initiation Rate	Largest Disparity Between Racial/Ethnic Groups
Illinois	83.1%	25.4%
U.S. National	84.1%	16.7%
HP2020 Target	81.9%	N/A

Source: [National Vital Statistics System birth certificate data](#), a census of all 2019 births and the largest collection of breastfeeding data. Breastfeeding initiation is measured as a percentage. Largest disparity in breastfeeding initiation between racial/ethnic groups is measured as a percentage difference.

	Exclusive Breastfeeding at 6 Months	Any Breastfeeding at 12 Months	Formula Supplementation at 2 Days	mPINC Score
Illinois	23.9%	30.3%	26.2%	80
U.S. National	25.6%	35.3%	19.2%	79
HP2020 Target	25.5%	34.1%	14.2%	N/A

Source: [CDC Breastfeeding Report Card](#), a biannual publication highlighting progress towards breastfeeding goals in the United States. Breastfeeding and supplementation rates are measured as a percentage. CDC's national Maternity Practices in Infant Nutrition and Care (mPINC) survey assesses maternity care practices that affect how babies are fed.

WIC Program Breastfeeding Performance Measures

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) program provides supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. The WIC program serves approximately 53 percent of all infants born in the United States.

	Fully Breastfed Rate	Partially Breastfed Rate	Total Breastfed Rate	Fully Formula Fed Rate
Illinois WIC Rates	7.6%	22%	29.6%	70.4%
National WIC Rates	12.1%	21.9%	33.9%	66.1%

Source: [Fiscal Year 2020 WIC Breastfeeding Data Local Agency Report](#). Breastfeeding and formula feeding rates are measured as a percentage of participating children under one year of age.

Federally Funded Lactation Projects in Illinois During 2020

Each year funding is allocated to a variety of federally funded programs that include infant feeding support through the federal appropriations process.

Centers for Disease Control and Prevention

- The [CDC Hospitals Promoting Breastfeeding program](#) provides critical support to advance breastfeeding continuity of care and increase access to lactation-friendly environments in states, hospitals, and communities. In Fiscal Year 2020, this program was funded at \$9 million.
- With funding from the CDC, the Association of State and Territorial Health Officials awarded [innovation grants to support SPAN recipients](#) to implement innovative projects that advance breastfeeding initiatives and health equity. The Illinois State Physical Activity and Nutrition (ISPAN) Innovation project increased access to culturally appropriate professional lactation support in Federally Qualified Health Centers and rural health clinics. Six community advisors from ISPAN priority populations served as consultants and regularly participated in meetings to support FQHCs in making transformational policy, process, or procedural changes. Ultimately, ISPAN trained 19 staff with similar lived experiences to ISPAN priority populations, from 12 community health centers, as Certified Lactation Counselors (CLCs) or Certified Lactation Specialists (CLSs). Finally, the ISPAN collaborative held calls with training participants to provide opportunities for peer learning.
- [State perinatal quality collaboratives](#) (PQCs) are state or multi-state networks of teams working to improve the quality of care for mothers and babies, including improvements in breastfeeding rates. CDC's Division of Reproductive Health is currently providing support for the Illinois Perinatal Quality Collaborative.

Health Resources & Service Administration, Maternal and Child Health Bureau (HRSA, MCHB)

- The [Title V Maternal and Child Health \(MCH\) Block Grant](#) provides funding for states and jurisdictions to meet the unique health needs of their children and families. Illinois has chosen increasing the percentage of infants who are ever breastfed and infants who are breastfed exclusively through 6 months as one of their Title V Maternal and Child Health grant National Performance Measures.
- The [Healthy Start program](#) strengthens the foundations at the community, state, and national levels to help women, infants, and families reach their fullest potential. The Healthy Start program implements community-based interventions to improve the health of mothers and children, including lactation education. Illinois received five Healthy Start awards totaling \$5,826,715. Access Community Health Network in Chicago, Cook County, SGA Youth & Family Services NFP in Chicago, Southern Illinois Health Care Foundation, Inc. in Sauget, and the University of Illinois were each awarded grants of \$1,165,343.
- The [Maternal Telehealth Access Project](#) (MTAP) is a one-time project funded through the CARES Act to increase access to quality maternity care and services via telehealth during (and beyond) the COVID-19 pandemic. The project focuses specifically on serving women at greatest risk of maternal mortality and morbidity, including women of color, Black women, Native American women, Latinx women, and women who live in rural and frontier communities. The MTAP [Community Grant Program](#) was designed to increase access to perinatal services and supports via telehealth, including clinical care, care coordination, support, and doulas/community health workers. The project was coordinated by the University of North Carolina at Chapel Hill (UNC), in partnership with Reaching Our Sisters Everywhere (ROSE) and the National Birth Equity Collaborative (NBEC). Through the MTAP program, Kids Above All used funding from UNC to purchase tablets for clients to use for telehealth appointments during COVID-19. This community based organization in Chicago offers breastfeeding support, behavioral and mental health services, doula services, as well as nutrition and childbirth education classes for perinatal women. In addition, Birth and Breastfeeding Color Inc in Chicago received funding from ROSE to ensure that families received ongoing education, prenatal and postpartum support, as well as lactation counseling and support.

U.S. Department of Agriculture, Food and Nutrition Service

- Each year, the Food and Nutrition Service (FNS), Special Supplemental Nutrition Program for Women, Infants and Children (WIC) presents the **[WIC Breastfeeding Award of Excellence](#)** to recognize local WIC agencies that have provided exemplary breastfeeding promotion and support activities. The following Illinois agencies were awarded:
 - *WIC Breastfeeding Awards of Excellence Gold Award 2020:* Coles County, DuPage County Health Department, East Side Health District, TCA Health. INC., NFP.
 - *WIC Breastfeeding Awards of Excellence Gold Award 2019:* Lake County Health Department, Peoria City/County Health Department.
 - *WIC Breastfeeding Awards of Excellence Premiere Award 2020:* Clay County.

Breastfeeding Coalitions Serving in Illinois

The USBC supports an extensive network of state, tribal, territorial, local, and cultural breastfeeding coalitions working to create policy, systems, and environmental (PSE) interventions to better serve babies and families. The following coalitions serve in Illinois:

- Illinois State Breastfeeding Task Force: <http://www.illinoisbreastfeeding.org>
- Breastfeed Chicago: <http://www.BreastfeedChicago.org>
- Chicago Region Breastfeeding Task Force: <http://www.facebook.com/chicagobreastfeeds/>